MILWAUKEE COUNTY SENIOR DINING LUNCH



FOR CURBSIDE PICK-UP

APRIL



Department on Aging						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			Shaved Ham 1	Egg Salad 2		
	RESERVATIONS	60+ Suggested \$3.00	w/Mustard	Wheat Bread		
	REQUIRED	Contribution	Multi-Grain Bread	Veggie Pasta Salad Melon Wedge		
		6	Red Cabbage Slaw			
	CALL SITE	O THE REAL PROPERTY OF THE PARTY OF THE PART	String Cheese	Snickerdoodle Cookie		
	OVER OLL	A STATE OF THE PARTY OF THE PAR	Jello Poke Cake	Banana		
		find us on facebook.	Fresh Orange			
Chicken Salad 5	ELECTION DAY CLOSURES 6	7-Layer Salad 7	Chopped Chicken 8	Tuna Salad 9		
7-Grain Bread	Sub Sandwich	Hard Boiled Egg, Bacon,	Fajita Salad	Marble Rye Bread		
Marinated Vegetables	Creamy Coleslaw	Peas, Shredded Cheddar, Romaine Lettuce Blend.	Tortilla Chips	Broccoli Slaw		
Cottage Cheese	Chips	Chives, Salad Dressing Baby Carrots		Pickled Beets		
Mandarin Oranges	Cranberry Juice			Pretzels		
Rice Krispie Treat	Apple	Cornbread	Chilled Pear Slices	Fresh Fruit Cup		
		Strawberry Yogurt				
Roast Beef Spread 12	Turkey Salad 13		3-Cheese Sandwich 15	Sliced Ham 16		
w/Mayo & Horseradish	Oatmeal Bread	Mixed Greens, Julienne Ham, Turkey,	w/Cucumber & Tomato	w/Mustard		
Sesame Bread	Pasta Salad	Cheese, Egg, Tomato,	Sourdough Bread	on Rye Bread		
Marinated Bean Salad	✓Orange Juice	Croutons, Ranch	Mixed Greens/Dressing	French Potato Salad		
Cauliflower	Lemon Bar	Poppy Seed Roll	Asian Coleslaw	Cherry Tomatoes		
Chilled Apricots	Pineapple	Baker's Choice	Fresh Broccoli	Fruited Yogurt		
Lorna Doone Cookies		Banana	Apple	Cereal Bar		
Egg Salad 19	Roast Beef Sandwich 20		Submarine Sandwich 22	Chicken Salad 23		
Multi-Grain Roll	w/Mayo on Crusty Roll	Grilled Chicken, Romaine Tomatoes, Croutons	w/Lettuce & Tomato	7-Grain Bread		
Marinated Carrot Salad	Cucumber Salad	Parmesan, Dressing	Potato Salad	Red Cabbage Slaw		
String Cheese	3-Bean Salad	Whole Grain Dinner Roll	Pickle Spear	Sun Chips		
Pretzels	Oatmeal Raisin Cookie	Cottage Cheese	Fruited Muffin	Brownie		
Cinnamon Applesauce	Orange	Sliced Peaches	Grapes	Fresh Fruit		
Ham & Cheese 26	Sliced Turkey 27	Tuna Salad 28	Turkey Salad 29	Taco Salad 30		
w/Mustard	w/Mayo	Celery, Onion, Tomatoes.	Whole Grain Bread	Taco Beef, Beans, Cheese Tomato, Onion, Peppers Dressing, Shredded Lettuce		
Whole Grain Bun	Kaiser Roll	Served over Lettuce	Spinach Salad/Dressing			
American Potato Salad	Pea & Cheese Salad	Croissant	Apple Juice	Tortilla Chips		
Pickled Beets	Pickle Spear	Kidney Bean Salad	Peanut Butter Cookie	Baby Carrots		
Fruited Yogurt	Applesauce	Fruit Cup	Fruit	Cornbread Muffin		
Graham Crackers	Baker's Choice Pie	Chocolate Chip Cookie		Fresh Fruit		

View Menus Online! Milwaukee County Division on Aging: county.milwaukee.gov/aging ◆ Senior Dining Office: (414) 289-6995



STOREWIDE TIPS



Bring hand sanitizer and use it

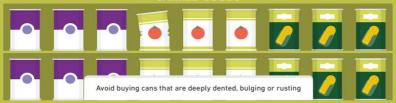
before sampling foods at the store





Make sure food packages are free from holes, tears or openings





Buy these perishable items toward the end of your shopping trip:

MEAT, POULTRY & FISH



Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

DAIRY & EGGS



FROZEN FOODS



Frozen foods should show no signs of thawing

CHECKOUT



When checking out, bag

other foods to keep juices

HEADING HOME



- ► If you know you can't go straight home, bring a cooler bag to store the perishable items
- ► Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.



Read the

eat* Academy of Nutrition right. and Dietetics





If a product has a "use by" date, follow that date



SELL BY: 18 JUNE 2020

The "sell by" date tells the store the last day they should sell that specific package.

The "best if used by" date is the recommended date for

WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER

heavy freezer paper. plastic wrap, freezer bags or foil

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Date all freezer packages and use the oldest food first



8	JAN	JULY	1	2	3	4	5	6
盃	FEB	AUG	7	8	9	10	11	12
FROZEN	(MAR)	SEPT	13	14	15	16	17	18
	APR	OCT	19	20	21	22	23	24
8	MAY	NOV	25	26	27	28	29	30
	mare	nce	21					



eat Academy of Nutrition right. and Dietetics

KEEP IT SAFE

FROM PURCHASE TO PLATE



